

# Complementary Health & Exercise

Summer 2013

FREE!

## How to have a lovely day

In 10 easy steps

1. Smile at everyone
2. Slow down
3. Say thank you
4. Give lots of compliments
5. Dress nicely
6. Observe and listen
7. Be charming
8. Laugh
9. Wish people a lovely day
10. Be grateful



The Quarterly Magazine bringing you  
news and programs on complementary  
methods of healthcare and exercise.



七星武道

# Holistic Ceremonies

## Created just for you

Weddings, vow renewals, blessings, commitment ceremonies & more

We can assist you in creating a ceremony that truly reflects and expresses your beliefs and commitments to one another. Traditional, civil, unity sand & candle, hand-fasting and Celtic ceremonies are available. We can legally preside over your wedding ceremony after you have obtained a valid license from the county.

**Naming ceremonies & blessings**

Honoring a new or change of name is an important moment in our lives; a time to present the new individual to the community; ensuring that they are a part of something greater, placing them under the protection of those present.

**House clearings & blessings**

We can cleanse your dwelling, room or possessions of negative or stagnant energies and dedicate them to your own spiritual needs, creating a sacred space filled with peace, harmony and healthy positive energy mirroring who you are.

**Rites Of Passage**

There are many rites of passage we go through in life such as divorce, baptism or adolescence into adulthood. We can help honor your rite of passage by creating a special ceremony honoring your transition.

All our ceremonies are individually designed to reflect your spiritual beliefs, wishes and intentions; to create an occasion as truly unique as you are.

**Contact Reverend John**

**630 229 4434**

**John@HolisticCeremonies.com**

**www.HolisticCeremonies.com**



# Complementary Health & Exercise

## Summer 2013

Editor & publisher - John Robertson



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Seven Stars  
Martial Arts



630 229 4434 John@7StarsMA.com

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## The Wisdom of Confucious

"I hear and I forget,  
I see and I remember,  
I do and I understand."

## Editor's Notebook

Summer is finally here; despite the weather we've had some awesome Qi Gong in the Park classes through April and May. We only had one cold/rainy day! We may repeat these in September if you ask for it!

Look out for our upcoming Reiki training beginning in July. If you've ever been curious about using energy to help yourself, family and friends to heal or just want to learn more about energy then this class is for you. Completion of the training will allow you to also practice on the public as a job! A great addition for massage therapists, body workers and those working in salons. Everyone can benefit from energy work.

People are always asking about the benefits of Tai Chi and our center page article covers a great deal of what Tai Chi can do. So when anyone asks why you do Tai Chi you can give them some good reasons. Perhaps you may encourage others to try it out, and for them to reap the benefits. Remember that you do not need to be good at Tai Chi; you just need to do it. If you're trying you're getting the benefits! Let others know what benefits you've seen in yourself. Has your balance improved? your posture? Your movement? your immune system? breathing? has stiffness, aches, pains, arthritis and blood pressure reduced? There are so many things that Tai Chi can help with; you just need to be patient with it and to continue. There are many, many studies available that extol the benefits of Tai Chi it makes you wonder why more people do not practice this wonderful exercise.

If you've noticed improvements please give us a handwritten note with your experiences. You could help someone thinking about exercise to take our class!

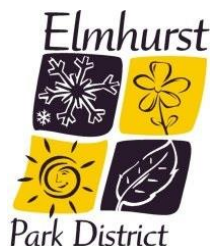
Wishing you a very wonderful summer!

*John Robertson*

*"He lives most life whoever  
breathes most air"*

## Tai Chi Express

Every Monday at 8:00pm  
begins July 22<sup>nd</sup> & Sept 16<sup>th</sup>  
(6 week sessions)



## Courts Plus

186 S. West Avenue,  
Elmhurst, IL 60126  
630 833 5064

Using the 8 Step Tai Chi  
form; a shorter more  
compact version of the 24  
posture form taught in our  
Tai Chi Chuan classes

It requires less time & space  
and is great for those without  
the room to practice the 24  
form, or those with busy  
lives who still want the  
all the benefits of Tai Chi

One day intensive:  
Nov 10<sup>th</sup> ~ 9:00am - 2:30pm

七星  
武道



The Lighthouse Center,  
165 S. Church Street,  
Winfield, IL 60190

630 229 4434 [www.7StarsMA.com](http://www.7StarsMA.com)



# 7 ways to keep your memory sharp at any age

Author unknown

As we grow older, we all start to notice some changes in our ability to remember things. Maybe you've gone into the kitchen and can't remember why, or can't recall a familiar name during a conversation. You may even miss an appointment because it slipped your mind. Memory lapses can occur at any age, but we tend to get more upset by them as we get older because we fear they're a sign of dementia, or loss of intellectual function. The fact is, significant memory loss in older people isn't a normal part of aging—but is due to organic disorders, brain injury, or neurological illness, with Alzheimer's being among the most feared.

Most of the fleeting memory problems that we experience with age reflect normal changes in the structure and function of the brain. These changes can slow certain cognitive processes, making it a bit harder to learn new things quickly or screen out distractions that can interfere with memory and learning. Granted, these changes can be frustrating and may seem far from benign when we need to learn new skills or juggle myriad responsibilities. Thanks to decades of research, there are various strategies we can use to protect and sharpen our minds. Here are seven you might try.

## 1. Keep learning

A higher level of education is associated with better mental functioning in old age. Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Many people have jobs that keep them mentally active, but pursuing a hobby or learning a new skill can function the same way. Read; join a book group; play chess or bridge; write your life story; do crossword or jigsaw puzzles; take a class; pursue music or art; de-

sign a new garden layout. At work, propose or volunteer for a project that involves a skill you don't usually use. Building and preserving brain connections is an ongoing process, so make lifelong learning a priority.

## 2. Use all your senses

The more senses you use in learning something, the more of your brain will be involved in retaining the memory. In one study, adults were shown a series of emotionally neutral images, each presented along with a smell. They were not asked to remember what they saw. Later, they were shown a set of images, this time without odors, and asked to indicate which they'd seen before. They had excellent recall for all odor-paired pictures, and especially for those associated with pleasant smells. Brain imaging indicated that the piriform cortex, the main odor-processing region of the brain, became active when people saw objects originally paired with odors, even though the smells were no longer present and the subjects hadn't tried to remember them. So challenge all your senses as you venture into the unfamiliar. For example, try to guess the ingredients as you smell and taste a new restaurant dish. Give sculpting or ceramics a try, noticing the feel and smell of the materials you're using.

## 3. Believe in yourself

Myths about aging can contribute to a failing memory. Middle-aged and older learners do worse on memory tasks when they're exposed to negative stereotypes about aging and memory, and better when the messages are positive about memory preservation into old age. People who believe that they are not in control of their memory function are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief

Continued on page 5:



Continued from page 4:

into practice, you have a better chance of keeping your mind sharp.

#### 4. Economize your brain use

If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often. Remove clutter from your office or home to minimize distractions, so you can focus on new information that you want to remember.

#### 5. Repeat what you want to know

When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down. That way, you reinforce the memory or connection. For example, if you've just been told someone's name, use it when you speak with him or her: "So, John, where did you meet Camille?" If you place one of your belongings somewhere other than its usual spot, tell yourself out loud what you've done. And don't hesitate to ask for information to be repeated.

#### 6. Space it out

Repetition is most potent as a learning tool when it's properly timed. It's best not to repeat something many times in a short period, as if you were cramming for an exam. Instead, re-study the essentials after increasingly longer periods of time - once an hour, then every few hours, then every day. Spacing out periods of study is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment. Research shows that spaced rehearsal improves recall not only in healthy people but also in those with certain physically based cognitive problems, such as those associated with multiple sclerosis.

#### 7. Make a mnemonic

This is a creative way to remember lists. Mnemonic devices can take the form of acronyms (such as RICE to remember first-aid advice for injured limbs: Rest, Ice, Compression, and Elevation) or sentences (such as the classic "Every good boy does fine" to remember the musical notes E, G, B, D, and F on the lines of the treble clef).

## Oriental Wisdom

Learn exercises and principles that have guided people to live long and healthy lives for centuries.

These classes can help reduce stress & blood pressure, build health, vitality & more. They can instill in you a greater sense of control over your wellbeing.

**T'ai Chi Qigong Shibashi**  
June 30<sup>th</sup> 9:00am - 2:30pm

### The Tangram

August 3<sup>rd</sup> 9:00am - noon

**The 6 Healing Sounds**  
Sept 29<sup>th</sup> 9:00am - 2:30pm

七星  
武道



The Lighthouse Center,  
165 S. Church Street,  
Winfield, IL 60190

630 229 4434 [www.7StarsMA.com](http://www.7StarsMA.com)



630-229-4434



Be guided to a higher quality of life  
by the wisdom of the ancients

# Don't let stress stress you out!



Stress could be called the plague of the 21<sup>st</sup> century; it is said to be responsible for around 85% of Doctors visits.

Learn simple, effective ways to reduce both chronic and acute stress.

July 25<sup>th</sup> ~ 7:00pm

 **College of DuPage**

425 Fawell Boulevard, Glen Ellyn, IL60137

630 942 2800

August 3<sup>rd</sup> ~ 7:30pm

 **ROSELLE PARK DISTRICT**

**Clauss Recreation Center**

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200

## The 4 Animals of Prosperity



The Dragon, The Money Toad, The Pi Xiu and The Turtle. Are the 4 animals.

### The Pi Yao

The ancient Pi Yao is a symbol of prosperity and protection; it is the ninth son of the Heavenly Dragon. Depending on where it resides it can be known as Pi Xiu when on the earth. Pi Ken when in the ocean and Pi Yao when in the Heavens. They all represent good fortune. The Pi Yao is said to have an enormous appetite and does not defecate. This means that whenever it ingests it does not dispose of. This symbolises the accumulation of wealth. The Pi Yao can be placed in the Wealth Sector of your home or business, which is the Southeast sector.

### The Money Toad

The Money Toad also known as the Moon Toad is associated with wealth due to its close association with water, which is also a symbol of wealth. Chinese mythology said that the Money Toad was one of the Eight Immortals wife. The money Toad is also believed to guard against misfortune and bless the home with wealth and prosperity. The Money Toad may be placed the Southeast of your home or business.

### The Dragon

The Dragon embodies in many cultures, the elemental forces of chaos and cosmic order. In the east the Dragons energy is believed to bind all the phenomena of nature. The Dragon is a benevolent creature that symbolises the very essence of vitality, strength, protection and goodness. Dragon may be placed in any of the directions as it represents strength and support for all aspects of health, wealth, happiness, career, love and knowledge .

### The Turtle

The Dragon Headed Turtle symbolises a long and fruitful life and on fill with good fortune. The Dragon Headed Turtle represents protection and courage in the face of adversity. A long life is a great tool to achieve abundance. The Dragon Headed Turtle may be placed in your work place, the entrance of your home, or the centre of your home or a place you feel would benefit from its symbolism. Together, the Four Animals of Prosperity bring protection, long life, good fortune and prosperity. They may be placed together or individually in places of your choice.



Learn to use your own healing abilities

# Reiki

We all have innate healing abilities. In this class you will learn to tap into that inner wisdom; and using the natural energy of the universe help yourself and your family heal.

This energy can help you to re-establish balance and harmony on the physical, mental, emotional, and spiritual planes so that the natural function of your body is restored and its ability to heal itself is activated.

This is a hands-on workshop under the guidance of a Reiki Master Teacher and Qigong Instructor.



Register early ~ class is limited to 6 participants!

## Level 1

Sunday, July 28<sup>th</sup>  
9:00am - 5:00pm

Our Reiki Student course teaches you all the basic principles of Reiki: Natural Energy Healing!

Helping you to harness the energy of the universe

All for only \$157!

## Level 2

Sunday, August 25<sup>th</sup>  
9:00am - 5:00pm

Take your practice to a higher level and begin to work with the public! Enroll in our Reiki Practitioner course (1 & 2) for only \$297 ~ save \$57! Plus! get a laminated hand position and a symbols chart free!

## Level 3

Sunday, September 29<sup>th</sup>  
9:00am - 5:00pm

Enroll in our Reiki Master Practitioner course (1, 2 & 3) for only \$497 ~ get a laminated hand position chart, 2 laminated symbols charts, a session CD, & a Reiki for Dummies book free ~ a total saving of \$158!



七星  
武  
道

The Lighthouse Center, 165 S. Church Street, Winfield

Call 630 229 4434 or register online at:  
[www.7StarsMA.com/Metaphysicsclasses/Reiki.html](http://www.7StarsMA.com/Metaphysicsclasses/Reiki.html)







# Introduction to Chinese Health Balls

July 26<sup>th</sup> ~ 6:00 - 7:00pm

 **ROSELLE PARK DISTRICT**

**Clauss Recreation Center**

555 W. Bryn Mawr Ave, Roselle, IL 60172

630 894 4200

Their use can reduce your risk of carpal tunnel, arthritis, tendonitis, rheumatism, repetitive stress injury, dementia & Alzheimer's.

They can help reduce stress, aid relaxation and help prolong life.

Free Health Balls for all participants!



Sept 26<sup>th</sup> ~ 7:30 - 8:30pm

**Elmhurst**

**Courts Plus**

186 S. West Avenue,  
Elmhurst, IL 60126

630 833 5064



# The universe is your dog: How to happen to life instead of life happening to you

by Christine Kane

Start by becoming a pack leader in your own world and healing your own world, and the effects will ripple. Cesar Millan, The Dog Whisperer

One of the Best Practices revealed in my Uplevel Your Life Mastery Program is called Mental Dress Up. This is a game that you can play daily. It is designed to bring intentions to life by literally embodying them in your own being.

Here's how it works:

Take a few moments throughout your day and Be [Fill in the Blank with Desired Thing].

As you're driving you can become a best-selling author. What would that feel like? When you're at a party, try being someone that everyone wants to talk to. Be wise. Be someone who has so many clients, you can hardly get through a day without turning people down. Be someone who is certain of what she wants. What does that feel like?

Don't get all scrunchy-faced and try to VISUALIZE. That's just WAY too much pressure. Instead feel the effortless shift in you, and BE successful. BE a fun person. BE wealthy. BE a rock star. Whatever!

My client Isabella started using this technique when she decided to be someone who loves to run with her dog in the morning. She was amazed at the results.

Typically after a few blocks of running, she'd start wheezing and feel awful. But when she became someone who loved running with her dog, she had more stamina and felt great during the run. She got better and better at this game until she actually began to love running with her dog!

One morning, she was returning from a run. Another dog and his owner were walking in her direction. Isabella's dog, Bruno, is still healing from an abusive past and can be aggressive with other dogs. So, Isabella started to get anxious, clinging to Bruno's leash.

Then, she remembered Mental Dress Up. Instead of getting nervous and reacting to her dog's bad behavior, she focused on how calm she felt and how much she loved her dog. She also played Mental Dress Up on Bruno, feeling that he was always very loving and peaceful around other dogs. It worked! Bruno was

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# Tai Chi Chuan

"the secret to anti-aging" it's the  
"miracle exercise" for people seeking  
to avoid drugs, surgery, and expensive  
doctor bills. Dr. Mehmet Oz on Oprah

## In Elmhurst

Courts Plus  
186 S. West Avenue,  
Elmhurst, IL 60126

Continuing students meet every  
Tuesday at 12:30pm  
July 23<sup>rd</sup> & September 17<sup>th</sup>

Beginner students meet every  
Thursday at 12:30pm  
July 25<sup>th</sup> & September 19<sup>th</sup>

Call: 630 833 5064

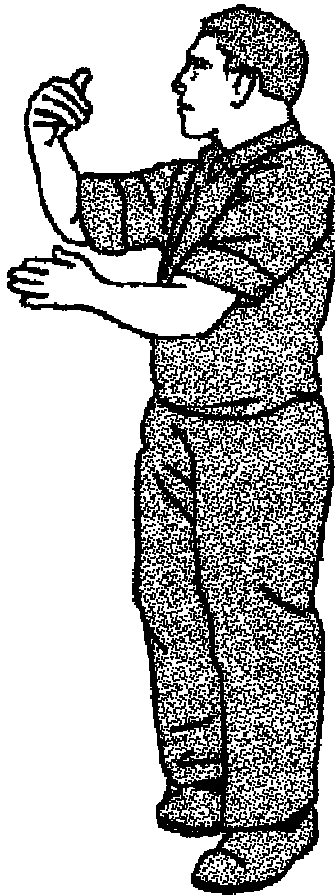
## In Lombard

Sunset Knoll Recreation Centre  
820 S. Finley Road,  
Lombard, IL 60148

Beginner students meet every  
Monday at 5:00pm  
July 22<sup>nd</sup> & September 16<sup>th</sup>

Continuing students meet every  
Monday at 6:00pm  
July 22<sup>nd</sup> & September 16<sup>th</sup>

Call: 630 620 7322



## In Roselle

Clauss Recreation Center  
555 W. Bryn Mawr Avenue,  
Roselle, IL 60172

Beginner students meet every  
Tuesday at 9:00am  
July 23<sup>rd</sup> & September 17<sup>th</sup>

Continuing students meet every  
Tuesday at 10:05am  
July 23<sup>rd</sup> & September 17<sup>th</sup>

Call: 630 894 4200

## In Villa Park

Iowa Community Centre  
338 N. Iowa Avenue,  
Villa Park, IL 60181

Beginner students meet every  
Tuesday at 2:00pm  
July 23<sup>rd</sup> & September 17<sup>th</sup>

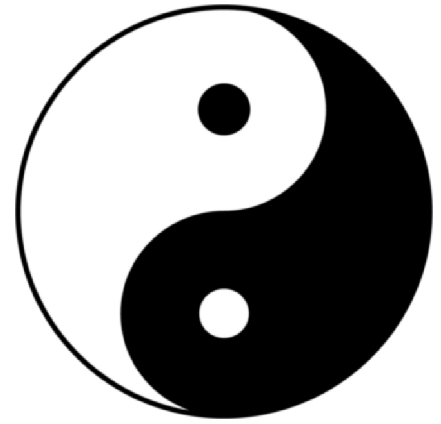
Continuing students meet every  
Thursday at 2:00pm  
July 25<sup>th</sup> & September 19<sup>th</sup>

Call: 630 834 8970



# ROSELLE PARK DISTRICT

# The Benefits of Tøai Chi



Too often as we age, waning strength and balance disrupt timing leading to a fall. According to the Centers for Disease Control and Prevention, more than one third of Americans age 65 and older fall each year, and falling is the leading cause of injury death in that age group.

Tøai Chi is a centuries old Chinese art whose basis is the application of common sense to movement and alignment. Many falls happen while changing direction; as people twist the head, spine and knees to turn they become unstable. The Tøai Chi principle of turning from the hips coordinates timing, smoothes transitions and maintains balanced alignment.

Tøai Chi practitioners use the mind to focus their attention on overcoming inefficient physical habits and allow the body to work the way it was designed. They develop a keen sense of timing, balance, suppleness, strength and sensitivity through study of the gentle, slow, rhythmic exercises.

They can stand quietly without wobbling instead of bracing themselves; they can transition evenly and smoothly from position to position, and walk without faltering. The Johns Hopkins Medical Letter of September 2005 said about Tøai Chi that "Adults age 70 and older reduced their risk of falls by more than 70%."

There are many other long and short term health and well-being benefits that come from practicing Tøai Chi. Including improved body strength, flexibility, arthritis, bone density, lower blood pressure, improved sleep and according to the Harvard Health Letter in June 2007; "Tøai Chi alone induced an immune response that was comparable to the [shingles] vaccine."

Tøai Chi does not require any special clothes or equipment and the principles can be practiced anywhere, anytime. The gentle exercises can be practiced by anyone who can stand.

**GENERAL BENEFITS:** [Tai Chi] teaches inner strength while toning muscles, increasing flexibility, and boosting immune power. It is also said to reduce stress, store up energy, increase body awareness, and improve balance and coordination. Tai Chi was the closely held secret of a few Chinese families for nearly 1,000 years... Men's Health Magazine, 8 Mar/Apr '93 p. 66-69

**PHYSIOLOGICAL BENEFITS:** Relative to measurement beforehand, practice of Tai Chi raised heart rate, increased noradrenaline excretion in urine, and decreased salivary cortisol concentration. Relative to baseline levels [Test Subjects] reported less tension, depression, anger, fatigue, confusion and state-anxiety; they felt more vigorous, and in general they had less total mood disturbance. (American Psychological As-

sociation) Journal of Psychosomatic Research, 1989 V. 33 (2) 197-206

**MENTAL HOMEOSTASIS:** Psychological homeostasis refers to emotional control or tranquility. It has been stated that the biological function of human emotion and repression is primarily homeostatic. Evidence suggests that a feedback relationship exists between forms of homeostasis, and the body-mind type of therapies (including acupuncture and Tai Chi) thus have a combined physiological, physical, and psychological effect. (American Psychological Association) American Journal of Chinese Medicine, 1981 Spring V. 9 (1) 1-14

**IMMUNE SYSTEM:** A study conducted in China indicates that Tai Chi may increase the number of T lymphocytes in the body. Also known as T-Cells, these lymphocytes help the immune system destroy bacteria and possibly even tumor cells. Prevention Magazine V. 42, May 90, p.14-15

**BREATHING, ACHES, BLOOD PRESSURE:** ...participants observed a "big increase in breathing capacity", a disappearance of back aches and neck aches, those with high blood pressure claimed a drop of 10 to 15 mm Hg systolic at rest, and all participants claimed to have more energy in their daily work. Hawaii Medical Journal - V. 51 No. 8 August 92

**BALANCE:** A ten-year study on aging through Harvard, Yale and Emory University determined not only that Tai Chi was superior to more technological balance therapies, but also that Tai Chi reduced the risk of injury by falling by 48%. Complications from these injuries are the sixth leading cause of death in older Americans, and account for about \$10 billion loss per year to the economy. USA Today, May 1996

**BALANCE:** Institute of Chicago indicates that people with moderate balance problems can be helped by practicing Tai Chi. Participants...of the 2 month course ...experienced about a 10 percent improvement in balance. An Emory University study supports Hain's findings. Prevention Magazine V. 46 Dec. 94 p. 71-72

**MENTAL & PHYSICAL STRESS:** Mind & body exercises, such as...Tai Chi...are increasingly replacing high-impact aerobics, long distance running and other body punishing exercises of the 1980's ...Mind/body workouts are kinder to the joints and muscles . reduce the tension that often contributes to the development of disease, which makes them especially appropriate for high powered, stressed out baby boomers. Unlike most

conventional exercises, these forms are intended to stretch, tone, and relax the whole body instead of isolating parts...based on a series of progressive choreographed movements coordinated with deep breathing. Working Woman Magazine V. 20 Feb. 95 p. 60-62+

**POSTURAL CONTROL:** Tai Chi, a traditional Chinese exercise, is a series of individual dance like movements linked together in a continuous, smooth-flowing sequence ... An analysis of variance (ANOVA) demonstrated that in 3 of 5 tests, the Tai Chi practitioners had significantly better postural control than the sedentary non practitioners. American Journal of Occupational Therapy, 1992 Apr. V. 46 (4) 295-300

**BEYOND TRADITIONAL CARE:** Health practitioners encountering clients who are faced with problems that do not seem to respond to traditional health care...may employ some of the health traditions of other cultures and to view the body and mind as a balanced whole. Massage, acupuncture and Tai Chi...focus on the mind/body connection to facilitate healing through relaxation, pressure points, and movement. AAOHN Journal, 1993 July, 41 (7) 349-351

**CURES/PREVENTIONS:** Proponents claim that Tai Chi can also (1) cure illnesses such as hypertension, asthma, and insomnia; (2) prevent arteriosclerosis and spinal deformity, and (3) shorten recovery phase from long-term illness. Results from a study by Chen Munyi (1963) with elderly Tai Chi practitioners show that this group had RTs, strength, and flexibility superior to non-practitioners. (American Psychological Association) American Journal of Chinese Medicine, 1981 Spr. V. 9(1) 15-22

**RHEUMATOID ARTHRITIS:** No significant exacerbation of joint symptoms using this weight bearing system of exercises (Tai Chi) was observed. Tai Chi exercises appear to be safe for RA patients...weight bearing exercises have the potential advantages of stimulating bone growth and strengthening connective tissue, ... American Journal of Physical Medicine and Rehabilitation, June 1991, 70 (3) p. 136-141

**SUPPORT GROUPS RECOMMENDING TAI CHI:** Multiple Sclerosis Fibromyalgia, Parkinson's Disease, Lupus, Migraines, Chronic Pain

**AIDS:** Proper exercise [for AIDS sufferers] is typified by Tai Chi. Dr. Laurence E. Badgley, M.D. **PSYCHOLOGY:** "Tai Chi is a natural and safe vehicle for both clients and staff to learn and experience the bene-

Continued on page 19:

# Tai Chi for Health

Tai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do.

Energizing and deeply relaxing; it brings a stronger immune system, health and vitality to all who practice it.

## In Addison

Centennial Recreation Center  
1776 W. Centennial Place,  
Addison, IL 60101

Thursday at 1:00pm  
June 13<sup>th</sup>, August 1<sup>st</sup> & Sept 18<sup>th</sup>

Call: 630 889 2150



## In Elmhurst

The Abbey Senior Center  
407 W. St. Charles Road,  
Elmhurst, IL 60126

Wednesday at 11:15am  
June 12<sup>th</sup>, August 7<sup>th</sup> & September 18<sup>th</sup>

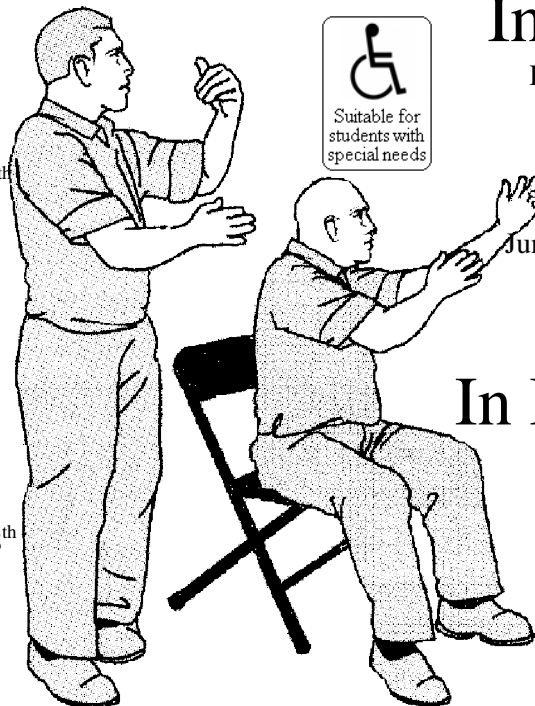
Call: 630 993-8193

## In Lombard

Sunset Knoll Recreation Centre,  
820 S. Finley Road,  
Lombard, IL 60148

Wednesday at noon  
June 5<sup>th</sup>, July 24<sup>th</sup> & September 18<sup>th</sup>

Call: 630 620 7322



## In Bensenville

Deer Grove Leisure Center  
1000 W. Wood Ave,  
Bensenville, IL 60106

Tuesday at 11:00am  
June 4<sup>th</sup>, July 23<sup>rd</sup> & September 17<sup>th</sup>

Call: 630 620 7322

## In Wood Dale

Wood Dale Recreation Complex,  
111 E. Foster Avenue,  
Wood Dale, IL 60191

Wednesday at 7:00pm  
June 12<sup>th</sup>, July 31<sup>st</sup> & September 18<sup>th</sup>

Thursday at 11:00am  
June 13<sup>th</sup>, August 1<sup>st</sup> & Sept 18<sup>th</sup>

Call: 630 595 9333

## In Bloomingdale

172 S. Circle Avenue,  
Bloomingdale, IL 60108

Wednesday at 1:00pm  
June 12<sup>th</sup>, July 31<sup>st</sup> & Sept 18<sup>th</sup>

Call: 630 529 3650





Continued from page 8:

fine. He followed her energy, and they both headed home without incident. To Isabella, this was a nice little miracle.

At this same time, Isabella was starting a new business. She had experienced a whole range of emotions from enthusiasm to fear to excitement during the process. At one point, she met with her accountant. The accountant was skeptical, issuing warnings to Isabella about the numbers and telling her the reasons why the business wouldn't work. (Gotta love those accountants, huh?)

During our coaching call, she shared these stories about the triumph with her dog, and about the discouragement from her accountant. She wanted to know how to deal with her emotions after this deflating meeting. Here's what I told her: I said, "Your accountant is your dog." Huh? It's true!

People follow your energy. It doesn't matter if they are mentors, accountants, lawyers, audience members, listeners, friends, or customers. People follow your energy, just like dogs. You always have a choice to step up and lead them. Just like Cesar Milan has been telling dog owners for years. And just like Bruno showed Isabella in that one situation.

I told her that the success of her business would always be up to her. I told her that every business owner, artist or entrepreneur experiences bad news, good news, depression, loss, gain and insecurity. The decision to quit, fail, or succeed is always hers.

In that moment, her accountant might have sensed her fear and found all the negative stuff he could muster up to dissuade her. He became her dog and followed her energy.

You don't have to be a Jedi master to tap into someone's emotional state of being. You just have to be human. Had Isabella been feeling confident, most likely the accountant would have presented his views in a different light. Ultimately, I told Isabella this: "The Universe is your dog."

Everything and everyone follows the energy and emotional state you bring to it. Decide that you can do something, and the Universe follows that decision. Choose to radiate love and wisdom, and the Universe follows that radiance. Be fully invested in your business success, and the professional people will give you a higher level of advice. This is not always an easy place to go.

But it almost always teaches us about our own power to create or transform any situation.

# 50 Secrets



## of the world's



## longest living



## people

This class will give you plenty of ideas to help you to live a long and healthy life.

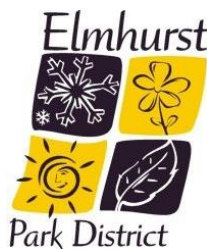
July 17<sup>th</sup> ~ 7:00-8:00pm



**Courts Plus**

186 S. West Avenue,  
Elmhurst, IL 60126  
630 833 5064

August 7<sup>th</sup> ~ 1:30-3:30pm



The Abbey Senior Center  
407 W. St. Charles Road,  
Elmhurst, IL 60126

630 993 8193

*"Tangrams is a game where: babies learn the form of things; youths exercise their wits; men study mathematics; artists get designs; poets fire the imagination; and the wise ponder over the past, present and future"*

# The Tangram: a simple puzzle, or not?



How can you rearrange seven simple geometric pieces into extraordinary and puzzling challenges? Designed to challenge the mind into learning and problem solving, and to teach geometry; the Tangram has entertained and mystified people for hundreds of years.

An ancient Chinese puzzle, the Tangram consists of 7 pieces that can be arranged into a multitude of shapes.

Its striking simplicity makes it accessible to a broad spectrum of people from children learning special awareness to adults seeking to keep the mind stimulated and active.

Learn its history; make your own Tangram set and then learn, understand and practice solving puzzles.

Educational and stimulating for adults and children of all ages.

August 3<sup>rd</sup> ~ 9:00am - noon

 **College of DuPage**

425 Fawell Boulevard, Glen Ellyn, IL60137

630 942 2800

Nov 16<sup>th</sup> ~ 9:00am - noon

 **College of DuPage**

425 Fawell Boulevard, Glen Ellyn, IL60137

630 942 2800

# The Modern Guide to Finding Happiness

Author unknown

"To fill the hour  
~ that is happiness."

Ralph Waldo Emerson

In these modern times it is easier than ever to be happy; technology, media, politics and family life all make it extremely simple to get that happiness that we all seek. This is the modern guide to finding happiness; I hope that it will finally answer all of your long-held questions and concerns about how to get there.

## 1. Work as much as you can

We know that our life is finite and we know that we hate our jobs. So we should always attempt to work as much as we can. It doesn't matter whether you are trying to get a promotion, more money or just drown out the other issues in your life, working lots is the answer. It is especially true if this means we spend less quality time with the family, friends and enjoyable pastimes.

Being busy all of the time is a surefire way to get to know yourself and make the people around you full of joy.

## 2. Drink, every night if possible

When your friends ask you to go out for drink after work you should definitely do it. Alcohol makes people happy and serves as a wonderful way to forget about the troubles that you are experiencing. In the modern world of stress and depression, booze can help you numb the pain that you are just too busy to address. Surely you will have time to deal with that later once things smooth out in the office or at home?

## 3. Spend big, every weekend

Have you been to a shopping mall lately? The things you can buy are amazing. We have wide screen TVs, blu-ray players, home gyms, gaming consoles, designer clothes, luxury cars, watches, sneakers - it is enough to make anyone happy! Take the money you

Continued on page 16:

## Are you over 65? Your chance of falling in the next year is 1 in 3

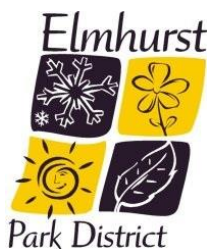


Learn the risk factors, causes & consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling.

# Falls?

They don't have to  
happen to you

October 18<sup>th</sup> ~ noon-1:30pm



The Abbey Senior Center  
407 W. St. Charles Road,  
Elmhurst, IL 60126

630 993 8193

October 23<sup>rd</sup> ~ 2:00pm

 College of DuPage

425 Fawell Boulevard, Glen Ellyn, IL 60137

630 942 2800

# The Six Healing Sounds



It is said that there is one way of drawing breath in and six ways of expelling breath out. The six ways of expelling the breath are represented by sounds which resonate with specific organs.

Practice of the Healing Sounds promotes optimal organ health, emotional balance, and helps us prevent illness. The sounds are so simple and easy to perform that they seem almost too good to be true, they work the first time, every time.

Once learnt the sounds can be easily used throughout the day, taking only a minute or two to help maintain health and vitality.

**Sunday, September 29<sup>th</sup>**  
**9:00am - 2:30pm**

Learn two complete Healing Sounds systems; and how to use them to promote health and emotional wellbeing.

Register before February 17<sup>th</sup>  
and receive a FREE Healing  
Sounds Laminate!



七星武道



The Lighthouse Center,  
165 S. Church Street,  
Winfield, IL 60190

630 229 4434 [www.7StarsMA.com](http://www.7StarsMA.com)

Continued from page 5:

earned during the week doing the job that you hate and medicate yourself with shopping. Each individual item will make you happy. The more expensive the item and the longer you think about having it the more likely it is that the happiness will last. This is a fact.

#### 4. Sleep with beautiful people

Head out to a nightclub on a Saturday night and you will see more beautiful women than you know what to do with. And in the age of the metro sexual male, women now can choose from a vast array of gorgeous men with chiseled abs and moisturized faces. Everywhere you look you are being told to have sex with each other.

The media, Hollywood, magazine advertisements, your friends' all of them are telling you to get out there and live out your fantasies and desires because it is only then that you will feel happy. The bigger the bust the happier you will be. And you know what, you might not ever be happy until you have tried them.

#### 5. Use your technology at every moment

Now that we all have iPhones, computers, laptops, GPS in our cars, games on our TVs, etc. it is important to never go a moment without engaging one of them. When you are waiting in line to see a movie make sure you check your email on your iPhone while listening to your iPod.

If your senses are engaged all the time you will never feel depressed, especially when you finally need to turn them all off to sleep. Technology is really making happiness a whole lot easier.

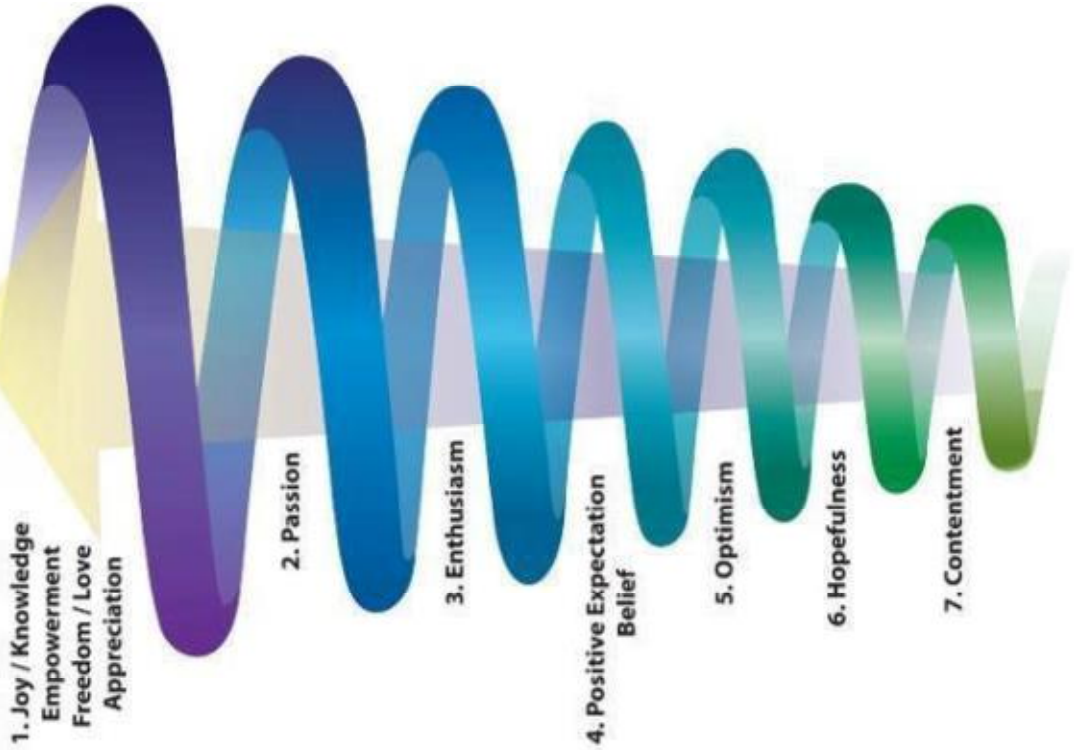
#### 6. Model your life after musicians, celebrities and other rich people

The closer you look the more you will realize that musicians, celebrities and rich people are happy; truly happy. These guys have it together. Whether they are off sun basking in the Bahamas, making hip hop videos with beautiful women around them or closing a multinational business account, these guys know what makes them happy. They rarely experience problems because they have famous friends and nice things to hide behind.

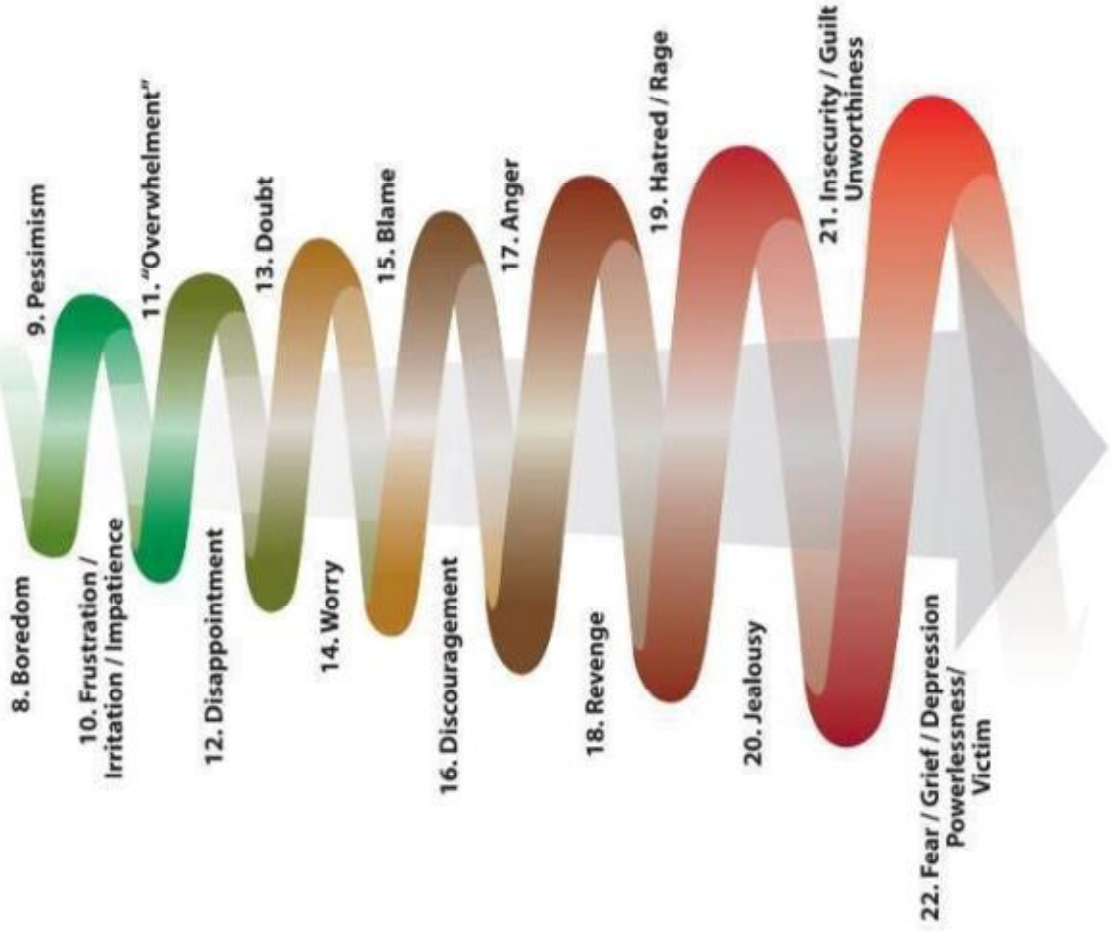
If only we had as much as them, we would be as happy as they are.



## UPWARD SPIRAL <sup>H</sup>PF



## DOWNWARD SPIRAL <sup>L</sup>NF





# T'ai Chi Sword

July 25<sup>th</sup> & September 19<sup>th</sup>  
Thursday - 3:00-3:30pm

Iowa Community Center,  
338 N. Iowa Avenue,  
Villa Park, IL 60181

630 834 8970

(Previous Tai Chi experience is required)



"I must warn you, I know tai chi. We can step outside and settle it like men, but it will have to be in slow motion."

# Event Calendar

[www.7StarsMA.com/SevenStarsStudents.html](http://www.7StarsMA.com/SevenStarsStudents.html)

## Chinatown Trip

June 21<sup>st</sup> 2013 ~ 9:00am - 2:30pm (The Abbey)  
Chicago Chinatown

## Tai Chi Qigong Shibashi

June 30<sup>th</sup> ~ 9:00am - 2:30pm  
Relax4Life in Barrington



## Reiki 1, 2 & Master Classes

July 28<sup>th</sup>, August 24<sup>th</sup>, September 28<sup>th</sup>  
Lighthouse Center in Winfield



## TheosoFEST

September 7<sup>th</sup> ~ 10:00am - 5:00pm  
The Theosophical Society in Wheaton

## World Ki Gong Club Clinic

Friday, September 20<sup>th</sup> ~ 4:00pm 22<sup>nd</sup> 1:00pm  
Black Mountain, North Carolina

## The Six Healing Sounds

Sunday, Sept. 29<sup>th</sup> ~ 9:00am - 2:30pm  
The Lighthouse Center in Winfield



## Annual Student Dinner

Tuesday, November 26<sup>th</sup> ~ 2:00 - 4:00pm  
Jack & Silverado Grill in Elmhurst



## Chinese Tea Ceremony & Dinner

Friday, March 14<sup>th</sup> 2014 ~ 2:00pm - 6:00pm  
The Tea House in Naperville

## World Tai Chi Day

Saturday, April 26<sup>th</sup> 2014 ~ 9:00-11:00am  
Theosophical Society in Wheaton



## Tai Chi Spring Gathering

Saturday, April 26<sup>th</sup> 2014 ~ 1:00pm - 4:00pm  
Creeside Park / Lighthouse Center in Winfield

Watch out for flyers for all these events,  
and check our website for updates!

fits of being able to channel, concentrate and coordinate their bodies and minds: to learn to relax and to neutralize" rather than resist the stress in their personal lives. This is an ability, which we greatly need to nurture in our modern fast-paced society. Dr. John Beaulieu, N.D., M.T.R.S. Bellevue Psychiatric Hospital, N.Y.C. [Refer to the Tai Chi book "The Supreme Ultimate" for full text]

**TAI CHI & GESTALT THERAPY:** Discussion of Tai Chi, a Chinese system of integrated exercises, as an effective adjunct to Gestalt Therapy. (American Psychological Association) Journal of Contemporary Psychotherapy, 1978 Fall V. 10 (1) 25-31

**PSYCHOSOMATIC ILLNESS:** A holistic paradigm, Tai Chi, is proposed as a theoretical basis for treating psychosomatic illness. (American Psychological Assn.) Journal of Black Psychology, 1980 Aug. V. 7 (1) 27-43

**TAI CHI HELPS UNDERSTAND CHANGE:** Suggests the imagery of the Tai Chi figure...can serve as a model for understanding the processes of change within psychotherapy. The Tai Chi figure expresses the themes of unity and completeness, the dynamic of interplay and balance of opposite forces, and the cyclical nature of therapeutic change. (American Psychological Assn.) Psychologia, An International Journal of Psychology in the Orient, 1991 Mar. V. 34 (1) 18-27

**ELDERLY:** According to Tai Chi enthusiasts, the discipline can prevent many ailments, including high blood pressure, tuberculosis, and diabetes, and US scientists agree that Tai Chi can offer some important fitness benefits, particularly for older adults. Modern Maturity, V. 35 June/July 92 p. 60-62

**CARDIORESPIRATORY EFFECTS: Conclusion:** The data substantiate that practicing Tai Chi regularly may delay the decline of cardio-respiratory function in older individuals. In addition, TC may be prescribed as a suitable aerobics exercise for older adults. Journal of American Geriatric Society, Nov. 1995, 43 (11) p 1222-1227 ISSN 0002-8614 Journal Code: H6V

New students of all ages and abilities are welcome in our classes. If you have any questions about Tai Chi, wondering which class would be most appropriate for you call us at 630 229 4434, or e-mail us at John@7StarsMA.com.

# Learning Lunches

## Let your employees learn while taking lunch!

Our series of Learning Lunches Seminars are designed to improve employee health and wellness while Increasing productivity, reducing absenteeism and cutting health care costs.



Our classes include:

- Tai Chi Chuan
- Tai Chi for Health
- Exercise at your Desk
- Natural Energy Healing
- The Six Healing Sounds
- Exercise for Mental Muscle
- Don't let stress stress you out
- Stress Relief for the Workplace
- Falls? They don't have to happen to you
- An Introduction to Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



Breakfast, lunch, evening and weekend sessions are all available.

Sessions can be fully customized for time, length and content.

One time and ongoing classes available.

630 229 4434

John@LearningLunches.org  
www.LearningLunches.org



Health and safety education in your location, at your convenience



# Tai Chi Qigong Shibashi

Tai Chi Qigong Shibashi is a Qigong exercise based on the philosophy of Tai Chi and extracts some of the best movements from Yang style T'ai Chi Chuan and adds Qigong exercises.

It places emphasis on synchronizing the eighteen movements with proper breathing techniques.

It is a gentle, beautiful and flowing Qigong exercise routine that is both a joy to do and deeply relaxing.

It can be done standing, sitting in a chair or a combination, making it suitable for all ages and abilities.

This is an ideal class for beginners.



If you are a social worker, counselor, teacher or massage therapist and want 5 CEU's for this workshop there is a \$5 additional processing fee

**June 30<sup>th</sup> 9:00am - 2:30pm**

Relax4Life Center, 26402 Edgemon Lane, Barrington, IL 60010



Call 847 842 1752

or register online at:

[www.relax4life.com/Shibashi.htm](http://www.relax4life.com/Shibashi.htm)

